FORT MCMURRAY: ONE YEAR LATER

FORT MAC STRONG

This week, Metro looks back at Canada's costliest disaster — and the people who are rebuilding metroNEWS

Toronto metro

Your essential daily news | MONDAY, APRIL 24, 2017 | High 12°C/Low 5°C Sunny

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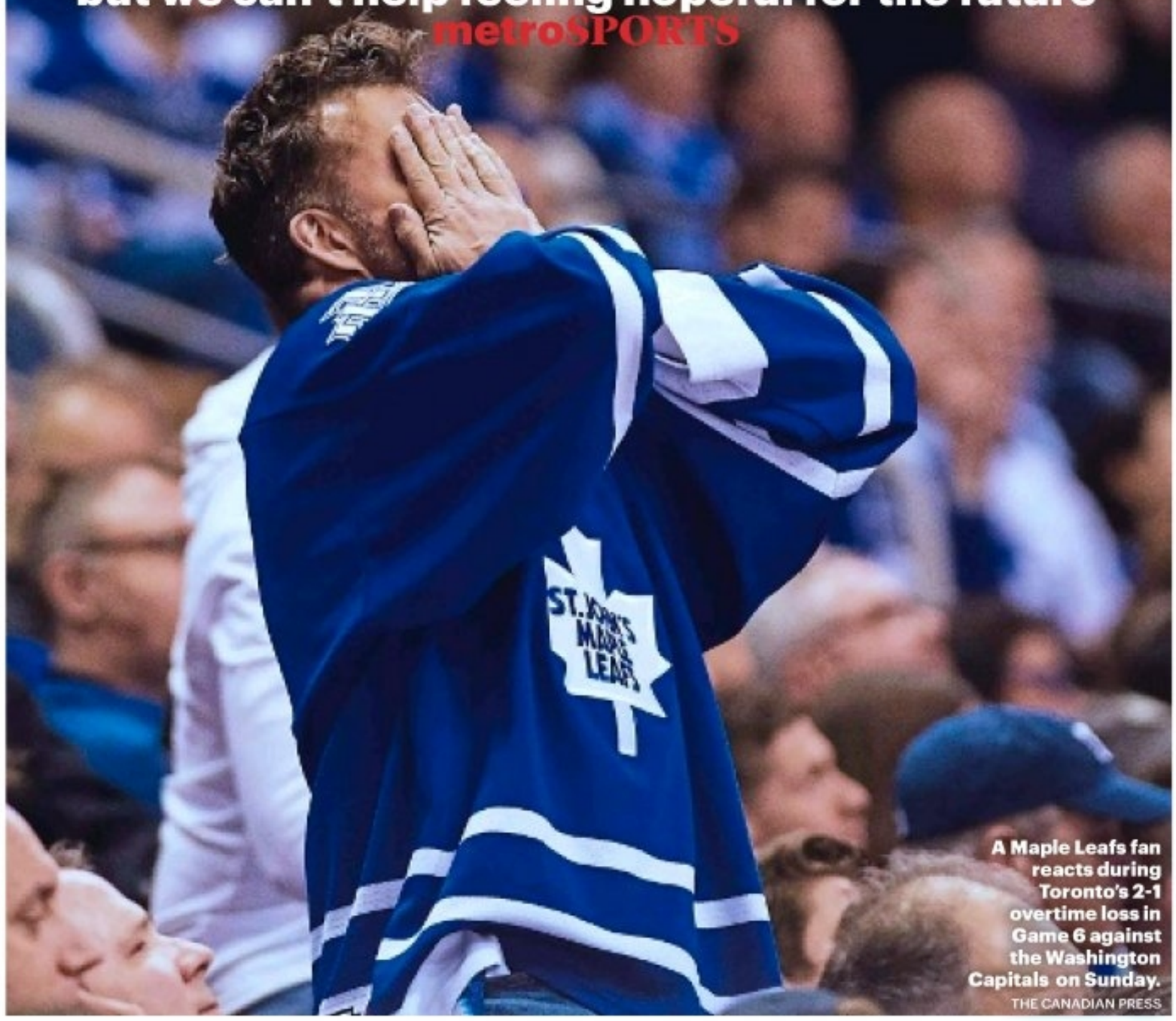

A Maple Leafs fan reacts during Toronto's 2-1 overtime loss in Game 6 against the Washington Capitals on Sunday.
THE CANADIAN PRESS

Toronto art schools so white

DIVERSITY

Specialized programs 'homogenous': Study co-author

May Warren
Metro | Toronto

Students in Toronto's arts-focused high schools are overwhelmingly white and come from high-income families despite living in one of the most diverse school districts in North America, suggests new research from the Ontario Institute for Studies in Education.

The study looked at 550 kids transitioning from middle school into Grade 9 at three of the city's four publicly funded arts schools.

Researchers found 67 per cent of those students identified as white compared to only 29 per cent of the elementary school population.

"It's kind of stark that these schools that are meant to serve the entire board are so homogeneous," said Rubén Gaztambide-Fernández, an associate professor at OISE and a co-author of the study.

The study, which used data from the board's own 2011-12 Parent and Student Census, will be published Monday in a peer review journal, and was provided in advance to Metro.

Ryan Bird, spokesman for the TDSB, declined comment "until staff are able to fully review the report once it is released."

The study also found kids entering arts schools were more likely to have a parent with a university education. More than half of students who started Grade 9 at one of the schools came from 18 feeder elementary schools that lacked diversity, out of 195 with Grade 8 classes.

67%

The percentage of students entering Grade 9 at specialized arts schools identified as white, according to the Toronto District School Board's 2011-12 Parent and Student Census. **29.3 per cent** of students across the board's elementary schools identified as white.

Annie Kidder, executive director of the advocacy and research group People for Education, said the board must walk the "hard and sticky balance" between what parents want for their children and making sure public education stays equitable.

"What we don't want is for schools to replicate a problem we already have in society," she said.

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metro NEWS

Your essential daily news

French voters faced with stark choice between Macron, Le Pen. **World**

Province can't pass up transit opportunity

Matt Elliott
Metro | Toronto

There will be a whole bunch of numbers flying around when Premier Kathleen Wynne's government unveils the provincial budget this Thursday, but here's one transit riders definitely need to know: 40 per cent.

That number is the devil in the details of Prime Minister Justin Trudeau's previously announced plan to spend $20.1 billion on transit projects in Canadian cities over the next 11 years.

The amount is substantial — we really, really appreciate it, Justin — but it comes with a catch: the feds are only willing to kick in up to 40 per cent of the total cost of new public transit projects.

It's right there in black-and-white, lurking on page 145 of the federal budget unveiled last month: "funding for new public transit construction and expansion projects will be cost-shared at up to 40 per cent federal funding."

Which leaves cities like Toronto facing an obvious question: where are they going to find the other 60 per cent?

We're not talking small potatoes here. Though Toronto's exact share of the new federal transit money isn't yet known, Mayor John Tory is expecting somewhere in the neighbourhood of $5 billion. Under the cost-sharing arrangement laid out in Trudeau's plan, that means the city could need to find a cool $8 billion.

Not money Tory is likely to find under the couch cushions at city hall.

So enter the province, right? Wynne has long talked up transit as a priority. She should be tripping all over herself to commit to also funding a share of these transit projects, ensuring that a healthy amount of the federal funding gets spent right here in Ontario.

Well, maybe not. Staff in Tory's office are very concerned that the province might skip out on this golden opportunity — that their budget won't include substantial new money for transit projects.

There's evidence to support their cynicism. Wynne hasn't had much to say about transit over the last couple of months. Instead, there's been a lot of talk about lowering Hydro bills, cooling the overheated housing market and their intention to deliver a balanced budget.

Tory's attempts to prod the Liberals into action on transit haven't been very successful either. On April 3, the mayor wrote a letter to Finance Minister Charles Sousa, urging the province to fund projects like the Eglinton East LRT, the relief line subway and waterfront transit.

Sousa responded without much enthusiasm, pointing to the province's past investment in things like the subway extension to Vaughan and the Eglinton Crosstown.

And sure, those are nice, but does anyone who rides Toronto transit every day really think that's enough?

I'd say no. I'd scream no. Toronto's transit system remains woefully undersized given the city's ridership and population. With a federal partner ready to spend up to 40 per cent, there's no reason for the province and the city not to make substantial new investments.

There's money on the table. Don't leave it there.

Humans of Toronto by K. Omar

"I used to live in the Allen Road and Lawrence area. After school, we used to play basketball, but it was a really low-income neighbourhood and we used to play on these wooden slabs that were nailed to telephone poles with cutout milk crates attached to them. We would play for hours. That's probably where I met all my friends as a kid. I'd say that's probably my favourite childhood memory.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

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Robert Vipond has combed through a multitude of registration cards at Clinton Street Public School to tell the story of diversity throughout the years. CONTRIBUTED

School a success story of diversity

MULTICULTURALISM

Institution was a microcosm of cultural shifts in city: Expert

Gilbert Ngabo
Metro | Toronto

Robert Vipond is bothered by the current debate on multiculturalism.

"It's been reduced to a polarized binary, an either-or scenario," said the University of Toronto political science professor, noting Canadians are generally divided into those in favour of diversity and those willing to close the doors on immigration entirely.

His new research book sheds light on the city's history of diversity through the experience of one local public school.

Making a Global City: How One Toronto School Embraced Diversity recounts 129 years of the Clinton Street Public School, painting a picture of the school's diverse population that has changed with the city.

Vipond combed through tens of thousands of registration cards in the school's archive to discover how its demographic profile changed, in large part due to the immigration patterns of the time.

"The feel of the school would be quite different from time to time, presenting different challenges to the school administration," he said.

For example, the school's original mission statement was about creating a democratic and Christian society. But because the majority of the school population was Jewish in the 1940s, the mantra had to be changed.

In the years that followed, the number of immigrant children at the school kept increasing and the administration was obligated to start an English as a Second Language program, becoming a pioneer while "the school board was still indifferent" about it, said Vipond.

By the 1970s the school became more diverse with the arrival of Italian, Portuguese, Latino and East Asian immigrants.

The success story of Clinton Street Public School shows that matters of immigration should be viewed through the prism of "more or less" and not "either-or," he said.

"This school has been a sort of microcosm of the changes that occurred in Toronto and in Canada as a whole," he added.

HOUSING

Helping the needy find new homes

David Howard Slade feels it is a bit early to know exactly what he thinks about his new home, but does say it is better than sleeping outside or on a porch.

Slade, 56, moved into Dixon Hall Neighbourhood Housing in Toronto about a week ago and is sharing a tidy townhouse with three men, thanks to the help of a client intervention worker he met through the Out of the Cold program.

The seasonal cold-relief, volunteer-run initiative operates on a rotating schedule out of 16 churches, synagogues and temples, and is a place where men and women can find food, a place to sleep, and referrals to outside support services.

This year, like every year, it shuts down in the spring.

Most of the programs close in March and Monday is the last night, with just 25 spots open at The Church of St. Aidan, on Queen St. E.

"So under the bridge will be busy this summer, if it is raining," said Slade. "If it is not, the parks will be full."

David Howard Slade TORSTAR NEWS SERVICE

Dixon Hall receives city funding to track the program, ensure city shelter standards are met, run intake and security and hire the community intervention worker, but all other costs and labour are absorbed by the volunteer organizations.

The program is a "last resort" for vulnerable people, said Dixon Hall chief executive officer Neil Hetherington. It is also strained to the limit and two years away from the breaking point, unless it is expanded.

Hetherington said they need funding to hire another worker like the one who helped Slade.

"They are all living complicated lives and we are asking them to live in these circumstances and navigate a very complex system," he said.

Right now, that workload falls on Christine Foster.

"The longer you remain homeless the more difficult it becomes," said Foster.

Of the 28 people she has helped find housing this year, 64 per cent have stayed.

TORSTAR NEWS SERVICE

Flagging racism

DISCRIMINATION

Prime minister, colonialism highlighted by native artist

Gilbert Ngabo
Metro | Toronto

John A. Macdonald's face is on the $10 bill. And now, it's also on a Canadian flag. A 10-by-five-foot flag, to be precise.

Thanks to the artistic wizardry of OCAD student Tia Cavanagh, the head of Canada's first prime minister replaces the ubiquitous maple leaf in the centre of the country's red and white flag. The painting — aptly titled O Canada — is one of the pieces on Indigenous life she's put together for the school's upcoming graduate exhibition.

Putting a spotlight on the man considered the main architect of the Indian Act was a deliberate move by Cavanagh to showcase a part of the country's history she believes is still largely ignored, even as the reconciliation process takes shape and Canada 150 celebrations are underway.

"It bothers me that he is celebrated while Indigenous history is pretty much invisible," she said, noting the Indian Act led to the establishment of residential schools, which themselves led to the assimilation of Indigenous people and a loss of their traditional heritage.

> **It's not my intention to instil guilt.**
> Tia Cavanagh

"This is still a very untold history within the Canadian rhetoric.

Tia Cavanagh's painting is a reminder of Sir John A. Macdonald's role creating the system that assimilated Indigenous people. EDUARDO LIMA/ METRO

"I wanted to use the painting to reframe this Canadian narrative that excludes our past."

An Ojibwe from the northern shores of Lake Huron, Cavanagh uses art to explore the impact of residential school systems, mainly through the experiences of her own grandmother.

She's hoping her artwork, as well as that of many other indigenous artists, can help spark a dialogue on the multi-generational effects of the colonial system, in her own family and communities across the country.

"It's not my intention to instil guilt or make someone feel bad," she said, adding her goal is to help create a safe and open space for such important conversations to take place.

EVENT DETAILS

OCAD annual grad exhibit
The annual Graduate Exhibition takes place May 3–7 at 100 McCaul St. One student in each program will win a medal. See more at ocadu.ca/gradex

Toronto DIGEST

No high drivers on highway
Don't text and drive.
If you're a driver in southern Ontario, you've seen that message on electronic signs on the highway. Now there's a new one — don't drive high — launched by the Ministry of Transportation. There's a timely reason for the message's introduction: Besides the infamous 4-20 "holiday," Ottawa also unveiled its proposed marijuana legalization bill on April 13. TORSTAR

People with disabilities may lose free CNE admission
The Canadian National Exhibition is again looking at a plan to eliminate free admission for people with disabilities.

A similar change was originally set to take effect before last summer's CNE, but that proposal sparked a backlash from disability advocates. At the time, advocate Luke Anderson described the move as "unfortunate," worrying that it would worsen barriers that people with disabilities face at the Ex. TORSTAR

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Rebuilding out of the ashes

WILDFIRE

For this family, not returning to Fort Mac was never an option

Alex Boyd
Metro | Edmonton

Rodney and Gail Hanifan lost everything in the wildfires of Fort McMurray, Alta. But they count themselves among the lucky ones. ALEX BOYD/METRO

Sitting in the parking lot of an Edmonton Walmart, her family’s home in flames 400 km away down a jammed highway, it all caught up with Gail Hanifan.

Her sister went in to grab supplies, but Gail was frozen.

“I just said: ‘What am I going to get?’” she recalled, before pausing, her voice quiet.

“I knew in my heart that we had nothing.”

So began the Hanifans’ journey to rebuilding their life in Fort McMurray.

It’s been almost a year since a runaway wildfire changed course and smashed into the northern Alberta city, forcing the rushed evacuation of almost 90,000 people and causing more damage than any other disaster in Canadian history.

While stories abound of people choosing not to go back, the Hanifan family remains committed to the town they say is unlike anywhere else.

Originally from New Brunswick, Gail and her husband Rodney first moved west for their jobs almost twenty years ago. They went back east once, but returned for good because of what they say is an unusually hardworking, family-oriented community.

“I have so much love for this place, it changed my life like no other,” Gail said, recounting the events of last May from their new rental home in the city they were once forced to flee.

Their two kids, aged 15 and 12, were born in Fort McMurray, and she credits the boomtown with making them a family.

Waiting out the evacuation first in an Edmonton hotel and then in a borrowed camper, Rodney says they never talked about whether or not they’d come back. It was just a fact. They say they are among the lucky ones. Their kids were safe, and they were able to grab their two small dogs before running out the door.

But they lost almost everything in their house.

Gail’s hunch that it was all gone was confirmed when a pilot friend snapped pictures of where their house once stood in the Waterways neighbourhood. The only things visible were iron skeletons of their cars sticking out of a pile of ash.

After a month the family could head back north, but undamaged rental properties were few and far between.

Though they’re looking now to buy a house, they found a rental in the meantime and got to work replacing what they could.

But the irreplaceable things — their wedding video, the letter Gail wrote for her daughter when she was a baby, or the video diary she made for her son — are gone.

“Those things I grieved the most for,” she said.

Luck has given them a hand, though.

When they were first married, Rodney bought a painting for Gail, of a view of the beach, looking out a window.

It was one of the lost things that made her sad, so one day she did a quick Kijiji search — and an identical print popped up. She tracked down the seller, and now it hangs in their kitchen.

“There’s not many days that you don’t think about what happened, but it doesn’t rule your life, it doesn’t shape who you are,” Rodney said.

He tires of the negative stereotypes of Fort McMurray, that it’s just a soulless industry town, and says they’re dedicated to rebuilding the place they know, the one that made them a family. One of the first steps: marking almost one year since the fires broke out by hosting 20 friends for an Easter feast.

“We’ve had bigger events here than the fire.”

Still ‘a long way to go’ for Fort Mac

The day Gerald Wong came back to Fort McMurray, it was so quiet he could stand in the middle of the city’s main drag, without so much as a truck passing by.

The owner of a downtown electronics store, he’d been allowed back before official reentry in order to get his shop up and running.

But even since his hometown reopened its doors to all, it’s still not the way it was before the fire.

“A lot of people haven’t come back, and some people won’t ever come back,” he said, surveying once-bustling Franklin Ave.

“You don’t see a lot of people walking around out there. Whereas before, you would.”

A swatch of charred forest is visible from his store windows, showing just how close downtown came to destruction. But whereas the central part of the city has begun returning to business as normal, the hardest-hit areas are still struggling.

Rachel Ondang counts Fort Mac’s recovery in wait times.

There’s less traffic, errands take less time and you don’t have to make reservations at restaurants.

“There aren’t big line-ups. Even the carwash is slow,” said Ondang, who until recently worked distributing donations to fire evacuees.

Part of the problem, she said, is the double hit of the economic downturn coming as rebuild costs mount.

“The city has a much lower amount of work than it has in a very, very long time, and there are a lot of people on EI or who don’t have a lot of income coming in and are really struggling,” she said.

According to a Conference Board of Canada report from November, the fire is expected to cost insurers and governments more than $5 billion. However, the rebuild effort could add as many 9,000 jobs next year.

National attention on Fort McMurray may have faded, but for many, Wong said, the fallout from fire is still being felt.

“There’s a long way to go,” he said, “For some, it hasn’t even started yet.” ALEX BOYD/METRO

DETAILS

- **8 per cent** of private dwellings were destroyed in Fort McMurray
- **The amount of land burned** by the fire was 5,890 square km, the size of P.E.I.
- **The amount of insured losses is $3.7 billion.** It’s the most expensive disaster in Canadian history.

The University of Toronto, Faculty of Dentistry’s Continuing Dental Education Department is recruiting volunteers to act as patients in an upcoming program! Licensed Dentists will be administering a moderate sedation to patient volunteers under the supervision of Faculty Professionals. The course is designed to teach practicing dentists to provide sleep dentistry to patients that find dental treatment to be very stressful.

Please note: Must be 18 years and older to apply and have no significant health issues. Not all patients who apply will be accepted. Patients will be screened on their suitability to the goals of the educational program. Treatment appointments will be provided during the week of June 12th & June 17th, 2017 only.

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French centrist presidential candidate Emmanuel Macron addresses his supporters in Paris on Sunday. THE ASSOCIATED PRESS

North Korea detains American citizen

North Korea has detained a U.S. citizen, officials said Sunday, bringing to three the number of Americans now being held there.

Tony Kim, who also goes by his Korean name Kim Sang-duk, was detained on Saturday, according to Park Chan-mo, the chancellor of the Pyongyang University of Science and Technology.

Park said Kim, who is 58, taught accounting at the university for about a month. He said Kim was detained by officials as he was trying to leave the country from Pyongyang's international airport. A university spokesman said he was trying to leave with his wife on a flight to China.

The Swedish Embassy in Pyongyang said it was aware of a Korean-American citizen being detained recently, but could not comment further. The embassy looks after consular affairs for the United States in North Korea because the two countries do not have diplomatic relations.

The State Department said it was aware of the report about a U.S. citizen being detained, but declined further comment "due to privacy considerations."

Park said Kim had taught at the Yanbian University of Science and Technology in China before coming to Pyongyang. He said he was informed that the detention had "nothing to do" with Kim's work at the university but did not know further details.

As of Sunday night, North Korea's official media had not reported on the detention.

The Pyongyang University of Science and Technology is the only privately funded university in North Korea. It held its first classes in 2010. It is unique in the North for its large number of foreign staff.

Colin McCulloch, the director of external affairs, said the university was not under investigation and was continuing its normal operations. He said he could not immediately confirm Kim's hometown.

THE ASSOCIATED PRESS

French face stark choice

FRANCE

United Europe at stake in the runoff between Macron, Le Pen

Centrist Emmanuel Macron and far-right populist Marine Le Pen advanced Sunday to a runoff in France's presidential election, remaking the country's political landscape and setting up a showdown over its participation in the European Union.

French politicians on the left and right immediately urged voters to block Le Pen's path to power in the May 7 runoff, saying her virulently nationalist anti-EU and anti-immigration politics would spell disaster for France.

The selection of Le Pen and Macron presented voters with the starkest possible choice between two diametrically opposed visions of the EU's future and France's place in it. It set up a battle between Macron's optimistic vision of a tolerant France — and a united Europe with open borders — against Le Pen's darker, inward-looking platform that called for closed borders, tougher security, less immigration and dropping the shared euro currency to return to the French franc.

With Le Pen wanting France to leave the EU and Macron wanting even closer co-operation between the bloc's 28 nations, Sunday's outcome meant the May 7 runoff will have undertones of a referendum on France's EU membership.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

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100 days of Trump

POLITICS

Controversial president says he's 'a different kind' of leader

President Donald Trump poses for a portrait in the Oval Office in Washington on Friday. ANDREW HARNIK/THE ASSOCIATED PRESS

For nearly 100 days, U.S. President Donald Trump has rattled Washington and been chastened by its institutions.

He's startled world leaders with his unpredictability and tough talk, but won their praise for a surprise strike on Syria.

He's endured the steady drip of investigations and a seemingly endless churn of public personnel drama.

"It's a different kind of a presidency," Trump said in hour-long an Oval Office interview as he approached Saturday's key presidential benchmark.

Trump, who campaigned on a promise of instant disruption, indirectly acknowledged that change doesn't come quickly to Washington. He showed signs that he feels the weight of the office, discussing the "heart" required to do the job. Although he retained his signature bravado and a salesman's confidence in his upward trajectory, he displayed an awareness that many of his own lofty expectations for his first 100 days in office have not been met.

"It's an artificial barrier. It's not very meaningful," he said.

Trump waffled on whether he should be held accountable for the 100-day plan he outlined with great fanfare in his campaign's closing days, suggesting his "Contract with the American Voter" wasn't really his idea to begin with.

"Somebody put out the concept of a 100-day plan," he said.

One hundred days are just a fraction of a president's tenure, and no president has quite matched the achievements of Franklin D. Roosevelt, who set the standard by which all are now judged.

Still, modern presidents have tried to move swiftly to capitalize upon the potent, and often fleeting, mix of political capital and public goodwill that usually accompanies their arrival in Washington.

Trump has never really had either. THE ASSOCIATED PRESS

TORONTO STAR

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Your essential daily news
Monday, April 24, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
Is it bad manners to turn down panhandlers?

Dear Ellen,

Every time I got to the liquor store, there is someone out front begging for money. If a have a loonie or toonie in my pocket, I might give it to them. But usually I'm in a hurry, or I don't have cash, or I resent the fact that one regular beggar is better dressed than me. Either way I feel irritated when I give and guilty if I don't. Is there a rule of etiquette I can follow, so I don't have to think about this every time?

T.K., Toronto

Dear T.K.,

As with all proper etiquette, the rule is to treat fellow human beings with respect.

Though this particular topic may be more of an ethics question than an etiquette one, the two areas overlap, and I don't agree with most of the ethics "experts" pontificating online, so I'll weigh in.

It's not wrong, etiquette-wise, to refrain from giving money to beggars. It's your choice, you have your reasons, and it's no one else's business. I do think it's unethical to be a hypocrite about it.

I also wonder if we go to the same liquor store. Does your well-dressed guy wear newish-looking jeans and a leather jacket? I never give him money. There's also a guy who plays a little guitar and sings so badly, I'm tempted to pay him to be quiet. Then there's the older woman who's clearly down and out, and doesn't seem to be fully compos mentis. Her I give to, because she seems the neediest, and the least likely to know how to take advantage of government and charitable services — which "experts" say is where you should donate money. Their reasoning is that if you give money to beggars, they'll probably just spend it on drugs or booze instead of buying something sensible that will help them get a job and a home.

The rule is to treat these fellow human beings with respect either way.

That's pretty rich — coming out of the liquor store and denying an impoverished person the chance to also have a drink. It's also blatantly ridiculous — do these so-called experts really think the few bucks a panhandler might collect each day is going to pay for rent, or job training, or clothes and grooming for an interview, or a cellphone so they can Google-map the nearest psychiatric hospital?

I don't usually agree with the guy who runs a multibillion-dollar organization that openly discriminates against women and harbours known criminals. But I agreed with Pope Francis when, as recently reported in The New York Times, he was asked about giving money to people who might spend it on wine, and answered: If "a glass of wine is the only happiness he has in life, that's OK. Instead, ask yourself, what do you do on the sly? What 'happiness' do you seek in secret?"

So the next time you're stocking up and someone asks for spare change, look them in the eye with a friendly shake of the head if you choose not to give. And give them a smile and a greeting if you do. Sometimes that brief interaction can be as valuable to them as the cash.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

Dispelling the myth of the party girl

Party. Girl. Two excellent words signifying excellent things.

But together the words twist into a stereotype that has filtered into our culture in ways that endanger women.

You would think the standard definition is a young woman who enjoys parties. But the cultural definition that I am taking from our bastion of social enlightenment, Urban Dictionary, is a lot more telling.

A party girl, according to Internet wordsmiths, is: "A girl who will party hard anywhere, even if the party is s— she will get down and get naked."

That is the first definition offered; the second is even more derogatory.

(The Urban Dictionary may be crowd-sourced, but it is miles ahead of the Big Three — the OED, Merriam-Webster and dictionary.com — which do not have as exhaustive an entry for "lit" as they should.)

In that definition, a party girl isn't simply a woman who likes parties. She is a woman who likes having sex. Pass the smelling salts. Not only that, she's willing to have sex with anyone.

Women risk being labelled "whores" simply by appearing to having fun. For racialized women, our very bodies are hyper-sexualized; our hips apparently gave consent.

Decades of activism by feminists, as well as a body of jurisprudence, have championed the notion that compromised consent is, in fact, not consent at all. Yet in 2017, a judge bought into the cultural idea that a woman has, by having fun, consented to sex.

In the trial of the Halifax taxi driver who was found not guilty last month of sexually assaulting a passenger, defence lawyer Luke Craggs leaned on the stereotype, saying the complainant became a different "type of person" when drunk.

The theory found a welcoming home in the mind of the judge who delivered the verdict.

But in a draft paper for the Canadian Bar Review, Dalhousie law professor Elaine Craig calls bull.

"It is difficult not to question whether Judge Lenehan's speculation, implausible conclusions and legally incorrect reasoning were informed by the stereotype that unchaste women, or promiscuous party girls, will consent to sex with anyone," Craig writes, according to The Canadian Press.

If you saw me in Kingston, Ont., in October six years ago, I was probably several drinks in and having a great time in a truly tiny dress. Chances are you would have thought I was a party girl.

You might not have thought I was a student making friends and relaxing during a Model United Nations weekend.

All this to say: the party girl image has nothing to do with the woman. It validates those who do not respect consent. It is about limiting women's choices about their sexuality and then penalizing them for those choices.

It has everything to do with denying women their autonomy.

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metro LIFE
Your essential daily news

Erin Moran, former child star on Happy Days, has died at age 56

Exercise for pregnant women

HEALTH

'Misguided' notions are contributing to obesity: Study

When Ericka York found out she was expecting her first child, she knew she wanted to stay active but didn't feel safe sticking to her usual routine.

"I didn't feel like I had enough knowledge to keep doing the workouts I was doing," said the Toronto resident, who used to play soccer once a week and take about 10 fitness classes a month.

So she signed up for prenatal yoga and Belly Bootcamp, and has discovered that few women in her classes are pregnant for the first time. Some of the second-time moms-to-be have told her they were too scared to enrol during their first pregnancy, but in hindsight wish they hadn't felt that way.

In fact, a trio of doctors affiliated with Spanish and American universities say few pregnant women are getting enough exercise. In a jointly-written opinion piece published in the Journal of the American Medical Association last month, they wrote that "misguided" notions that pregnant women need to eat more while doing less exercise are contributing to world obesity.

Women who gain and keep excessive weight during pregnancy (Canadian guidelines identify healthy weight gains based on each women's Body Mass Index before pregnancy) can pass it along to their newborn babies. Those who remain active experience fewer aches and pains and are less likely to need a Caesarean or experience poor bladder control, the doctors write.

The same article suggests not knowing how much and what kind of exercise pregnant women should be doing is in part to blame for why so few expecting mothers do not get as much exercise as they should.

And while Canadian guidelines encourage women to exercise while pregnant, this push comes with a list of precautions: watch your heart rate, don't get competitive, mind your balance and don't lose your breath.

"Most recently we've been making the argument that being sedentary is actually much more risky to your pregnancy than being active," said Gregory Davies, chair of maternal-fetal medicine at Queen's University who helped write those guidelines.

Davies said many decades ago, when everyday life was substantially more physically demanding than it is now, the idea that women should take it easy during pregnancies was probably more sound. "But fast forward to 2017 when people are living super sedentary lives, that advice is no longer valid. But it's still in our culture that pregnant women need to slow down."

Research on the topic has been slow. Early fears that working out while pregnant could hurt a growing fetus have led to today's limited available data to push evidence-based exercise guidelines forward, Davies said.

Considering the high levels of obesity in the population, he added, many women should probably be more active than they already are to prepare for a healthy pregnancy.

"I'm a firm believer that almost all types of exercise are safe in pregnancy. Just don't overdo it. I don't think the patient needs to be worried about having things being too much more prescriptive than that."

Jennifer Blake, CEO of the Society of Obstetricians and Gynecologists of Canada, said the nationwide message on exercising while pregnant has been consistent for years: it's good for you, do it. "But you also want to make sure you are not going to be in a situation where people are asking you to do things that may not be safe for you or for your pregnancy," she says.

It's important for both women and their fitness instructors to be well-informed. In Canada, a checklist is available online to help determine what type of exercise is safe for each expecting mother. TORSTAR NEWS SERVICE

WAYS TO KEEP FIT

Walking
Getting off the subway a few stops early, taking a more gratuitous wander through the grocery store, or if driving, avoiding those mom and baby spots close to the building and parking far away.

Fitness Classes and Activities
Canadian guidelines say pregnant women should watch out for activities that might hold risk of losing balance or that are competitive (ice hockey, gymnastics, horseback riding, scuba diving, and cycling are singled out as being risky). Swimming, cross-country skiing, water aerobics or riding a stationary bike are considered safer.

Yoga and Pilates
The JAMA opinion article points out that even though yoga and Pilates are often recommended to pregnant women by doctors, clinical trials have yet to demonstrate that either is beneficial for moms-to-be.

When Ericka York (right) found out she was pregnant, she signed up for Belly Bootcamp. Last month a trio of doctors wrote in a medical journal that exercise is important for pregnancy health. Some point to Serena Williams (inset) as a positive example — she was nearly two months pregnant when she won the Australian Open in January. TORSTAR NEWS SERVICE/GETTY

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PREGNANCY

Studies ease worries of anti-depressants

Genna Buck
Metro Canada

For women suffering from mental illness, deciding whether to stop taking antidepressants to get pregnant can be agonizing.

That choice could soon be a little easier: According to a new study of 35,906 births in Ontario, mothers who take antidepressants during pregnancy are no more likely to have children with autism than others.

The researchers, based at Women's College Hospital in Toronto, initially found more cases of autism among children of mothers taking the medication.

But after adjusting for many complicating factors – such differences in mothers' ages and families' access to health care – they found antidepressants don't play a significant role.

The study only looked at drugs that act on serotonin, including common ones like sertraline (Zoloft), fluoxetine (Prozac), and duloxetine (Cymbalta).

The authors suggest past research that found a slight association between antidepressants and autism did not properly account for other factors.

The paper also looked at women who took antidepressants during one pregnancy but not another. Children exposed in utero did not have higher rates of autism than their siblings.

A different study, also published this week, had similarly reassuring results, finding no link between antidepressant use during pregnancy and ADHD.

Few studies have been done on the long-term effects of antenatal antidepressants, so many women choose to go off medications before getting pregnant to be on the absolute safe side. But without medication, there's risk of relapsing back into depression at the worst possible time – while dealing with the stresses of pregnancy, postpartum recovery and caring for a newborn.

JOHANNA SCHNELLER WHAT I'M WATCHING

She may be a brat, but she's also simply human

THE SHOW: Girlboss S1, E1 (Netflix)
THE MOMENT: The sandwich

Sophia (Britt Robertson) – based on the real-life clothing entrepreneur, Nasty Gal founder Sophia Amoruso – is working in a shoe store. Or rather, not working. "Was that a personal call?" her boss Carol asks. "Are you surfing the web?"

"It was. I am," Sophia says defiantly.

"I don't know where to begin," Carol says.

"If you need to some time to put your thoughts in order, we could put a pin in this," Sophia says. She plops into her chair and bites a sandwich.

"Is that my sandwich?" Carol asks.

Sophia pretends she didn't know, then admits she did. "Now isn't this the part where we move on?" she asks.

"This is the problem with you, you don't know your place," Carol sputters.

"I'm not about to die of malnutrition," Sophia snaps. "What do you care, you don't own the place. You're just middle management on some power trip."

"You're fired," Carol says.

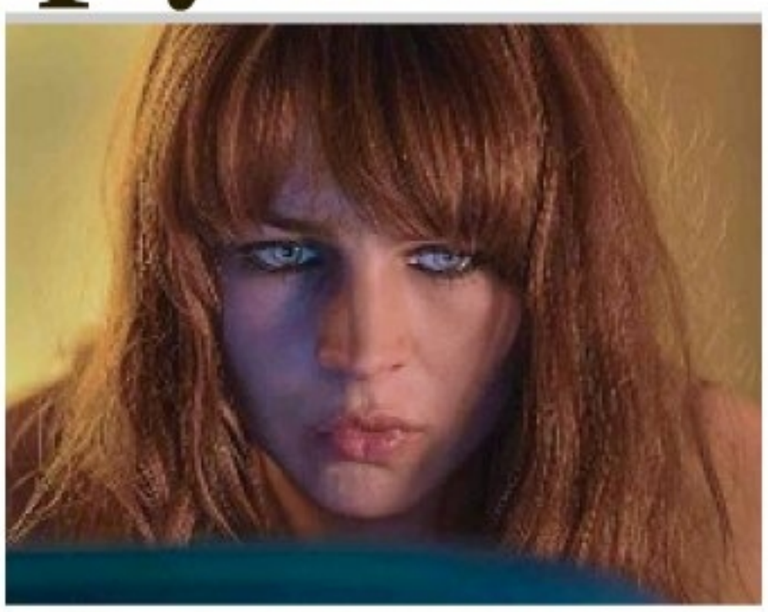
"What?" Sophia asks. "Why?"

This is The Scene. It comes at the midpoint of every first episode of every series about a flawed heroine. It's the moment where we see her at her brattiest. It's the scene you have to get past if you're going to stick with the show.

As surely as spring follows winter, it's followed by a scene that restores the heroine's humanity – in this case, Sophia calls her best friend, and we watch as she moves from self-righteous to self-aware. "Oh, Annie," she concludes, eyes filling with tears, "why am I such an a—hole?"

And bingo, you're either in or out.

This is The Scene. It comes at the midpoint of every first episode of every series about a flawed heroine.



Netflix's new comedy series, Girlboss, appears to be following a famiiar sitcom formula. CONTRIBUTED

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

PERSONAL FINANCE

Life in the suburbs may not be cheaper than city living

Jess Morgan rents in the country's hottest housing market and has been saving for the past six years for a down payment on her first home.

She and her husband plan to start house hunting within the next two years in nearby Oakville, likely while continuing to work in downtown Toronto, about 40 kilometres away. She believes she can get more square footage for less money in the suburbs and considers it a good place to raise a family.

"I think there's more space, there's more green and that's something that we would very much want for our children," says the 27-year-old, who has set a maximum budget of about $900,000 to $950,000.

As prices in major cities move out of reach of many homebuyers, some are casting their search further to areas where they can afford bigger properties with smaller mortgages.

But suburban living can come with extra costs, like higher transportation and daycare fees, and may not add up to great savings over the long term.

About three to four years ago, about 10 per cent of clients coming to Toronto's Stomp Realty sought properties outside the city, says co-founder Erica Smith.

Now, about half of her clients look at surrounding areas, with some moving more than 100 kilometres away to Barrie, Kitchener or Waterloo, while continuing to commute to Toronto for work, she says.

"The space that you get going outside of the city is just a lot more favourable," says Lorena Magallanes, Stomp Realty co-founder.

Last month, the average home price in the Greater Toronto Area hit $916,567 — up 33.2 per cent from a year ago — according to the Toronto Real Estate Board.

Both realtors recently sold a one-bedroom plus den condo in the heart of downtown for $755,000. In the suburbs that price tag can net a house, says Magallanes.

But while suburban houses tend to be cheaper, that decision may come with daily expenses that don't crop up with city living, they say.

"You have to remember, you're losing the time in the commute if you're still working in the city," says Smith.

Leona Nosterud and her husband have experience moving from bigger cities to less expensive areas — first from Calgary to Saskatoon, and later to Moosomin, Sask., a town of 3,200 people, where she and her partner own a construction and property management company.

The last move resulted in a much more affordable mortgage, she says.

By working in Moosomin, Nosterud avoids some of the extra transportation costs faced by those who may have to commute long distances.

"But our groceries, our taxes, our insurances, our travel — all of those are significantly higher here," says Nosterud.

She still questions whether leaving the city for a small, rural town was the right decision for her family.

"I would love the opportunities, the education, the health care, the amenities, the playgrounds, all of that of the city," she says. "But then our mortgage would be significantly higher." THE CANADIAN PRESS

$ EXTRA COSTS

- **Suburban life typically demands at least one car.** If two people continue to work in the city, two vehicles may be necessary — which then means additional insurance, gas and parking costs.
- **Commuters using public transit** may pay more living further away, and still need a car to get to a station.
- **Families may experience higher daycare fees** if increased commute times keep them away from home for long hours.
- **Homeowners strapped for time** may choose to outsource their yard work.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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7	2	8	4	5	9	6	1	3
6	4	9	1	7	3	2	5	8
1	5	3	2	6	8	7	4	9
2	3	5	7	8	4	9	6	1
4	9	7	6	3	1	5	8	2
8	1	6	5	9	2	3	7	4
5	8	2	9	1	7	4	3	6
9	6	1	3	4	5	8	2	7
3	7	4	8	2	6	1	9	5

Lower your debt ceiling and get your life back

In a world in which we are surrounded by easy credit, keeping track of spending and committing to paying off money owed is crucial. ISTOCK

ADVICE

Is it any wonder so many people haven't figured out their limit?

Gail Vaz-Oxlade
For Metro Canada

Ask some people what their debt ceiling is (the most amount of consumer debt they'd be willing to take on), and they'll tell you: "As much as I can borrow."

My personal debt ceiling is zip, zero, zilch. But in a world where people have grown up surrounded by plastic, where they've watched their parents use credit to buy everything, and where they've been handed more rope than they could ever have imagined, is it any wonder so many people haven't figured out their ceiling?

Off they go charging through life. When a card fills up, they apply for and get another. Eventually they get a credit line or two. And, of course, they have overdraft protection. Some wind up at a pay-advance store.

All the while, they hike higher and higher up Mount Debt until eventually they run out of air.

So, do you have a ceiling?

What do you think contributed to you having a ceiling?

Do you think that keeping your debt in different piles helps to make you feel less close to your debt ceiling?

What would you be prepared to go into debt for?

What would you NOT be prepared to go into debt for?

If you had it to do over, what would you do differently when it comes to using credit?

If you think you have a problem with debt, the first step is to say it out loud. If you aren't prepared to admit you're in trouble, if you aren't prepared to add up the mess you're in, then you're not ready for help yet.

If you want things to change, start by saying: "I have a problem with my debt."

Start writing down every penny you spend. Whether it's $1.25 for coffee or $600 on a fabulous new pair of shoes, write it down. This is how you become accountable for forfeiting your future in the name of immediate pleasure.

Look over your list at night and ask yourself why you're really buying.

Switch from credit to cash. It's way easier to charge something than it is to fork over cold, hard cash, particularly when you're getting to the bottom of the jar.

Commit to paying off your debt. Allocate a fixed amount to each debt, paying off the most expensive (read: highest interest) debt first while you make smaller payments on other debts.

Once your first debt is paid off, roll that payment to your next most expensive debt. Keep going 'til you're out of the hole.

Don't have the money to make a dent in your debt? Get another job, a better job. Make more money!

The time has come to pay up.

So suck it up, find a way to get out of debt and get your life back.

For more money advice, visit Gail's website at gailvazoxlade.com

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metro SPORTS

OKC guard Russell Westbrook had a triple-double by halftime, but the Thunder still lost 113-109 to the Houston Rockets and trail 3-1 in the series

Reading tea Leafs

LEAFS-CAPS GAME 6

Bruce Arthur

Marcus Johansson scored the winner on Sunday night. FRANK GUNN/THE CANADIAN PRESS

Alex Ovechkin said it best, or at least well. He said of the Maple Leafs: "They young, but they tough. They never stop." He said it before Game 6, the game that could make the Leafs stop, after everything. It was tense as hell. It went to overtime, for the fifth time in the series. It balanced on a blade. It waited.

But in OT the Capitals were better. A lot better. They dominated and finally a Justin Williams shot landed in front and Marcus Johansson batted it home for his second goal of the game at the 6:31 mark — 2-1, Capitals. They advance.

And then people cheered in appreciation — Go Leafs Go, and Fred-die, Fred-die — and the Leafs and Capitals shook hands. Hell of a game. Hell of a series. Hell of a season, all in all.

To get to overtime, the Leafs needed to blow one last lead in a season full of them. With a little over 12 minutes left in this scoreless, dig-the-fingernails-into-the-armrest game, Morgan Rielly shot a puck into the Capitals zone, and it hit a seam in the boards and bounced so perfectly that it could have been a movie scene. Auston Matthews accelerated and glided and swept the puck up sideways in one motion roofing it past Braden Holtby with 12:15 left in the third — 1-0, Leafs. The 19-year-old superstar had scored in a fourth straight game, and Game 7 was a dozen good minutes away.

GAME 6 At ACC

2 WASHINGTON | 1 TORONTO MAPLE LEAFS

Except the Capitals started pushing back immediately, and five minutes later Johansson slipped up the middle against the Leafs' fourth line and slipped a puck that bounced around the back of Frederik Andersen's pads, and it was tied. Back to the start.

It had been unlike any game in the series: more wide open than Game 5, lower scoring than every other. Nobody scored, and if you were tense, it might have felt like overtime had just started early. In the end, it started on time. For a long time the Leafs were better, but Washington reeled them back.

And then, the bounce. The Leafs had not held a lead in regulation since the third period of Game 2. It wasn't enough.

This Leafs team could be great next season. Not good, great. They have cap space and youth. At the morning skate, Washington coach Barry Trotz was asked about the parity in the league.

"You look at each month: they got better and better, they've got great structure, they're organized, Mike's done a great job with them, they're talented, and they kept getting better and better," said Trotz.

"You find out a lot about yourself, and you grow from it. And that's why playoffs, series, that's why they're so special, and that's why you should enjoy it."

These Leafs were tested, and learned that they can play with anybody. They will grow from this. A Game 7 would have been something, wouldn't it? Hell of a season, and there should be more to come.

Bruce Arthur is a sports columnist with the Toronto Star

NBA PLAYOFFS

In search of urgency

RAPTORS
SERIES TIED 2-2

DeMar DeRozan THE CANADIAN PRESS

DeMar DeRozan hasn't finished redeeming himself yet.

The Raptors all-star rallied with a game-high 33 points Saturday in Toronto's 87-76 Game 4 win in Milwaukee after failing to hit a field goal in a humiliating 104-77 loss to the Bucks in Game 3.

But the bad taste persists, despite the fact Toronto holds home-court advantage as the first-round playoff series switches to the Air Canada Centre for Game 5 on Monday night.

"Looking up at that score, losing the way we did, it was embarrassing. It was feeling you can't get over," DeRozan said Sunday of his Game 3 memories.

That was music to coach Dwane Casey's ears.

He wants the Raptors to break the cycle of upping its game after a loss and then relaxing after a win.

"That's been our MO (modus operandi)," he said. "So that's why I'm glad to hear that DeMar was upset and not (saying) 'OK, I had one good game.' And that's he's ready to come out."

Casey wants his entire team, like DeRozan, to come out with a chip on its shoulder.

"We're much better when our backs are against the wall," he said.

Added DeRozan: "We're going to have to play extremely hard. We're going to have to play like we're on the road, our backs (are) against the wall, it's a Game 7. Sort of like we played (Saturday). That's the mentality we've got to have." THE CANADIAN PRESS

IN BRIEF

Cavs complete sweep in Indy
LeBron James made a three-pointer with 68 seconds left Sunday and the Cleveland Cavaliers hung on for a 106-102 series-clinching win at Indiana.

James finished with 33 points and 10 rebounds as he became the first player under the current playoff format to win 21 straight first-round games. THE ASSOCIATED PRESS

Wolfpack fall in Salford
The Toronto Wolfpack suffered their first loss in a competitive match Sunday, beaten 29-22 by the Salford Red Devils in the fifth round of the Ladbrokes Challenge Cup. THE CANADIAN PRESS

Stro goes full 9 in Jays win
Marcus Stroman pitched a complete game and Devon Travis hit a go-ahead, two-run homer during a four-run eighth inning in the Toronto Blue Jays' 6-2 win over the Los Angeles Angels Sunday.

Stroman (2-2) survived a rocky ninth by inducing a game-ending double play in his third career complete game. THE ASSOCIATED PRESS

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MAKE IT TODAY

Fresh Blueberry and Kale Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This smoothie was on our rotation in the fall and I recently resurrected it. I swear you can't taste the kale. No, seriously.

Ready in 3 minutes
Prep time 3 minutes
Serves 2

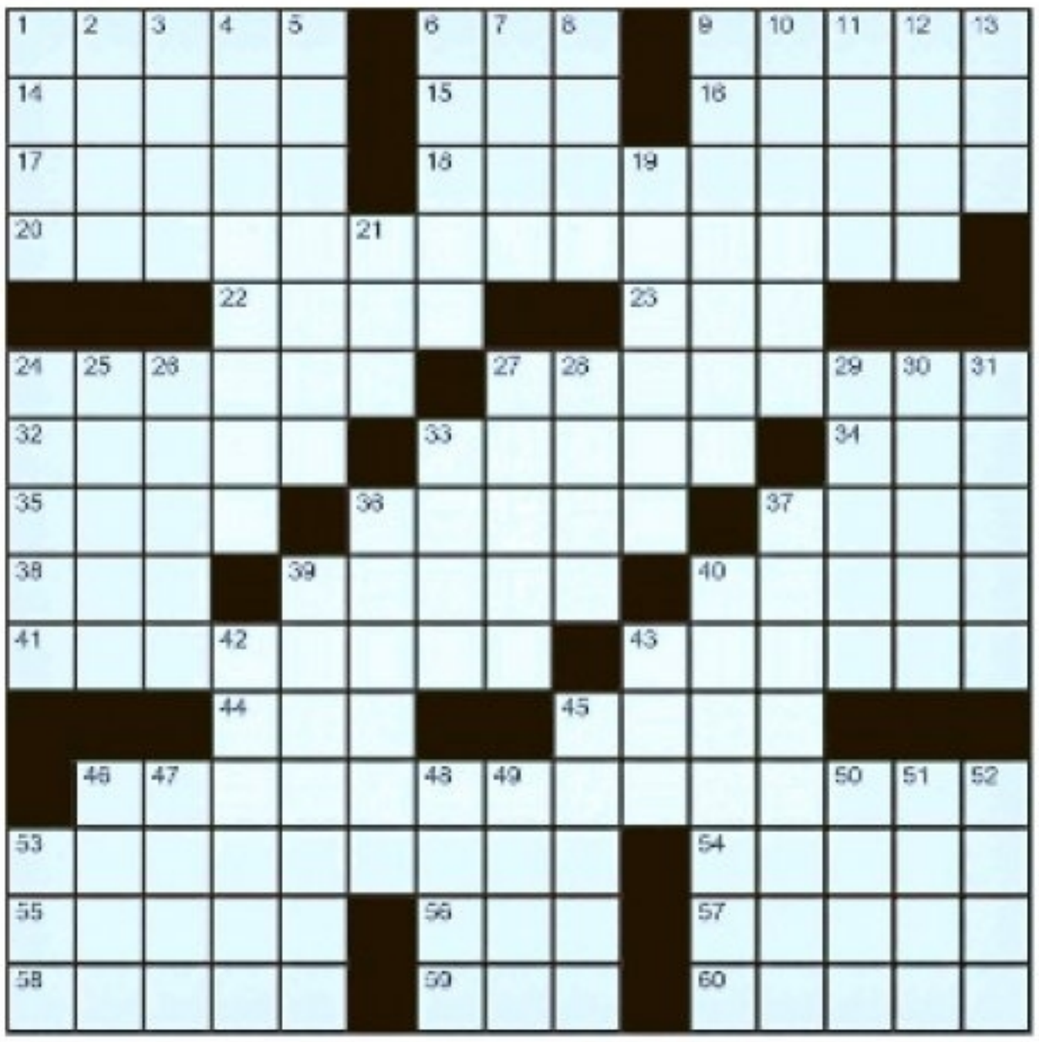
Ingredients
- 1 cup almond milk
- 1 tsp honey
- 1 cup organic frozen blueberries
- 1 cup frozen chopped kale
- 1 banana, peeled
- 1 Tbsp Greek-style yogurt

Directions
1. Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Leaky ink shapes
6. Acquire
9. Romantic fabric
14. Make the embankment stronger
15. "Go!!!"
16. Cohesiveness
17. Dodge
18. (514) and (403): 2 wds.
20. University in Waterloo named after a Prime Minister: 2 wds.
22. Aggravate
23. Michael, to Kirk
24. Repel/dismay
27. Donna Summer hit: 2 wds.
32. Find fault
33. Contradict
34. Irish coronation stone, __ Fail
35. Paleontologist's find at the dig
36. __' to go (Eager)
37. Soaks
38. Strange
39. Perfected
40. Touch of colour
41. Empresses in Russia, once
43. Farmlands
44. Holidayer's 'home'
45. Pay attention to
46. Canadians who co-discovered insulin in 1921: 3 wds.
53. Wearable souvenirs from Disney: 2 wds.
54. Thom of Radiohead
55. Tweak
56. __ flute
57. Food fan
58. Lips glistener
59. Vessel's stern
60. Ms. Barrymore's

DOWN
1. Cauldron's content
2. Actor, Zachary __
3. White House's __ Office
4. A headboard is part of one
5. Super sanitary brand
6. Mark
7. Tea type, __ Grey
8. "Take __ '__' Train" by Duke Ellington and His Famous Orchestra
9. Packaged food sweetener
10. Embrocate
11. Detergent
12. Roman road
13. Albany is its cap.
19. Steve __ aka 'The Six Million Dollar Man'
21. __-defined
24. Monastery boss
25. Trudges
26. Bamboo eater
27. "__ hoping!" (Dreamer's exclamation)
28. Reeking
29. 'Fraud' finisher
30. Abercrombie & __
31. Protests in the prison, perhaps
33. "Hulk" (2003) star Eric
36. '60s songstress Ms. Spector
37. Swine sort: 2 wds.
39. Clue givers
40. Like psychedelic-style T-shirts
42. Washes
43. British band, __ Years After
45. Blue Rodeo's "__ Hit Me Yet"
46. Beetle variety, __ weevil
47. Prefix to 'biography'
48. Wine valley of California
49. Tennis great Steffi
50. Art Deco designer
51. Distort
52. Ms. Hatcher's, for short
53. National Geographic, e.g.

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your primary concern is about practical matters, especially related to politics, religion and racial issues. It's also a good day to make future travel plans.

Taurus April 21 - May 21
Research of any kind will go well today, because you are focused and will pay attention to detail. You won't overlook a thing!

Gemini May 22 - June 21
A discussion with someone older or more experienced will be beneficial for you today. This person might even be a friend.

Cancer June 22 - July 23
This is the day to ask for something from a parent or a boss, because he or she will respect what you say. You sound like you know what you're talking about, and you've done your homework.

Leo July 24 - Aug. 23
Any kind of study will go well today because you have the patience necessary for focusing on learning.

Virgo Aug. 24 - Sept. 23
This is an excellent day for important discussions pertaining to inheritances, wills, taxes and shared property, because nothing will be overlooked. Everyone will pay attention to the smallest detail.

Libra Sept. 24 - Oct. 23
Discussions with partners and close friends will be serious today. People are not in a frivolous mood. However, their efforts will yield productive results.

Scorpio Oct. 24 - Nov. 22
At work today, you will be hands-on and willing to do routine work, because you know it has to get done. Discussions with someone older will be helpful to you.

Sagittarius Nov. 23 - Dec. 21
This is a good day for teaching young people something, because people are in a serious frame of mind. They're also willing to practice sports or the arts.

Capricorn Dec. 22 - Jan. 20
It will be easy to tackle home repairs today, because people are eager to do this. This is the kind of day where you want practical results for your efforts.

Aquarius Jan. 21 - Feb. 19
Because you're in a sensible frame of mind, you can accomplish a lot today. Discussions with neighbors, relatives and siblings will likewise be serious

Pisces
Feb. 20 - March 20
If out shopping today, you will only be interested in buying long-lasting, practical items. No feather boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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9	4	1				8	6	2
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